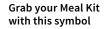
Sesame-Crusted Chicken

with Garlic & Ginger Rice

















Basmati Rice





Carrot







Chicken Breast

Japanese Dressing





Sesame Seeds

Black Sesame

Panko Breadcrumbs



Pantry items

Olive Oil, Butter, Plain Flour, Egg, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar)



Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan.

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
ginger	1 knob	2 knobs	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
basmati rice	1 packet	2 packets	
water*	1½ cups	3 cups	
salt* (for the rice)	1/4 tsp	½ tsp	
green beans	1 bag (100g)	1 bag (200g)	
carrot	1	2	
Asian greens	1 bunch	2 bunches	
chicken breast	1 small packet	1 large packet	
plain flour*	1 tbs	2 tbs	
salt* (for the crumb)	½ tsp	1 tsp	
egg*	1	2	
Japanese dressing	1 packet	2 packets	
sesame seeds	1 sachet	2 sachets	
black sesame seeds	1 sachet	2 sachets	
panko breadcrumbs	1 packet	2 packets	
soy sauce*	2 tsp	1 tbs	
mayonnaise	1 packet (40g)	2 packets (80g)	
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp	

[★]Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4467kJ (1067Cal)	701kJ (167Cal)
Protein (g)	50.7g	8g
Fat, total (g)	51.3g	8.1g
- saturated (g)	12.1g	1.9g
Carbohydrate (g)	94.3g	14.8g
- sugars (g)	11.2g	1.8g
Sodium (mg)	1560mg	245mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

Finely grate the **ginger** and **garlic**. In a medium saucepan, heat the **butter** and a dash of **olive oil** over a medium heat. Add the **ginger** and **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and **salt** (**for the rice**), stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

Trim the **green beans** and cut in half. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick.



Crumb the chicken

In a shallow bowl, combine the plain flour and salt (for the crumb). In a second shallow bowl, whisk the egg and Japanese dressing with a fork. In a third shallow bowl, combine the sesame seeds, black sesame seeds and panko breadcrumbs. Dip the chicken into the flour mixture, followed by the egg, and finally in the sesame breadcrumb mixture. Transfer to a plate.



Cook the chicken

In a large frying pan, heat enough **olive oil** to coat the base over a medium-high heat. When the oil is hot, cook the **chicken** until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.



Cook the veggies

Wash and dry the frying pan and return to a medium-high heat with a drizzle of olive oil. Add the green beans and carrot and and cook until softened, 5-6 minutes. Add the Asian greens and cook until wilted, 1-2 minutes. Add the soy sauce, stir, and remove the pan from the heat. In a small bowl, combine the mayonnaise and rice wine vinegar.



Serve up

Divide the garlic and ginger rice between bowls and top with the veggies and sesame-crusted chicken. Drizzle with the mayo dressing to serve.

Enjoy!